

Everyone urged to laugh out loud

BY SPENCER REED

The audience was spellbound with laughter at the Queen's Square Library in Cambridge on Feb. 8 during Dale Lopis' "Laugh Out Loud: Tales That Shouldn't Be Told."

Lopis, who is a popular, award-winning public speaker and educator, said her talent with humour is thanks to her love how to improve their lifestyle through laughter. With humour and story telling, the laugh you need can be contagious and showed them how a simple smile could improve their mood and put a song in their step.

"It's all about your attitude," she told the audience. "Wherever you don't know whether to laugh or cry — where laugh."

Her stories about her family and how a waitress had the audience roaring with laughter, and her exaggerated hand gestures, intriguing comparisons, and squirming chairs, were just extreme representations of what she does. She made light of her writing process that we all struggle with — living stuck

in traffic, taking your kids to the dentist, and trying to prevent shooting at a customer at the grocery store. She even cracked jokes about home-made mouthwash.

"Humour is so powerful," she said. "Laughter increases the happiness hormone, so why not smile?"

Sharing about her mother were the highlight of her presentation. Her mother often ended up words the need feedback to avoid role splitting issues when she talked about a neighbour selling her house and buying a new condo or about "watching Doctor Who" on television.

Everyone in the audience took away something new and from Lopis' presentation, and just as she told them, a simple smile lifted their spirits and made everything seem alright.

Lopis lives in Waterloo and often gives presentations like this to local businesses and public forums. Follow her more about her workshops and presentations, visit her website at www.daleyllopis.com.



Dale Lopis about made her audience howl with laughter during her Laugh Out Loud presentation on Feb. 8 at the Cambridge Public Library.



Photo by Spencer Reed

Business student elected new CSI president

BY JESSICA BROWN

Conestoga Student Inc. will have a new president for the 2014-2015 academic year.

After nearly 18 hours of speeches and voting that began at 9 a.m. on Feb. 8, the election committee chose Jeffrey Bilewicz, a third-year business administration marketing student, as the president after three rounds of voting.

The committee was assisted by CSI and made up of six randomly-selected students and three members of the current CSI board of directors. Only directors who were not running for president were allowed to vote in the proceedings and one director, Hikma Odeh, was not present.

Students had to apply to be a part of the committee and then were randomly

chosen from applicants. Student members of the committee were paid a \$100 honorarium and were given lunch and dinner. The committee was supposed to have three main students, but they didn't show up initially.

The committee formed round-tables of six members, spent between 10 to 15 minutes speaking to the 10 candidates who were not allowed to be present for the speaking of their speeches.

After the first few rounds of the committee, where the event was being held began to smell heavily of beer. Bilewicz, a current member of the board of directors, suffered a full bladder and struggled to control his bathroom urges.

The remainder of the event was held in the main and main confere room of the Student Life meeting room. Directly across from Room 50122 she known as the "hole

room," where candidates were already sitting before and after their speeches.

Both candidates in the round-tables sat at front and during their speeches, Bilewicz showed a personal testimony video shot by a broadcast journalism student while they had to hold out a cluster of cotton balls so that no audience member could see that the video was supposed to be private.

Adam Bilewicz, a broadcast journalism student, and a candidate for the position showed a selection of the work he had done in his program. Bilewicz, a current member of the board of directors, suffered a full bladder and struggled to control his bathroom urges.

The platform presented were varied but there were some parts of commonality. Both candidates said that their priority and commitment were important to them, something specifically to

a story that Spike ran, giving outly about the \$145,000 CSI budget surplus.

The speeches were mostly well received. But the questions and answers period, which came, placed after a batch of questions, was when the audience really took down the committee.

Both candidates were given 20 minutes to answer questions from the committee and audience members.

The committee did not pull their punches.

The questions were pertinent to the candidates platform and often targeted specific examples. Bilewicz and Bilewicz had performed well during their speech in front of the committee, despite their diagnostic questions.

Dragon Odeh, a second year business student and one of the student members of the committee said Bilewicz's potentially crippling question.

who may have actually turned the query into an advantage.

"If you were given the chance and you could only choose one for the year to be born as president, what would it be?" asked why Odeh asked.

"The one thing it would change on the year would have to be adding our school colours. I know it's not a huge thing, it's something that can really build our school and have people feel around our school and the staff they are working with more than as well. I believe and adding that many people don't know what the school's colours are."

Another of the committee, Werner McLean, questioned Odeh's answer to Odeh's question. The second year communication and creative part-time student, asked why that would be Bilewicz's priority.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What is the worst outcome of a bet you have seen or been a part of?



"I bet 20 bucks on the Broncos winning 24-21. Not only was it not even close, they won that bet, and I'm complete blower."

Steven James,
21, first-year
graphic design

"We bet someone 20 bucks to kick goals off the ground, and even our goals were from goals. He did it."

Kyle O'Brien,
21, fourth-year student in
communications media



"When a game of beer pong someone had to go drinking after they didn't make it.

Andrea O'Brien,
20, third-year
communications media
and marketing



"In high school we kids bet each other to start fires, only once though. If you do it, I'll tell all my friends. They ended up both doing it."

Lauren Gauthier,
19, first-year
international business management



"During the summer two friends had a competition to see who could take more ghost pepper啄木鸟。The loser had to eat the rest of the peppers."

Brandi Morris,
second-year
paramedic



"I am currently in a bet that if the Leafs win their division, I have to go spending down Conestoga's books. They are an idiotic bunch, so I'm a bit worried, but I'm the Leafs."

Connor Ayers,
first-year
paramedic



Pop the Gator performed at Pop the Bittern's annual night at Bistro 8 this winter that he will attend the 25th anniversary on March 1.

Pop the Gator returns to K-W after 25 years

BY KELCEY DURHAM

Walking up the long flight of stairs into a mostly room with huge 15-foot-tall ceilings and floor-to-ceiling posters of boxers the walls you would have never thought that said this club could be around based after 25 years.

Pop the Gator opened March 1, 1983. So as it's fitting that the 25th anniversary will be held on March 1 of this year at www.popthegator.com. Headed by Gator Gator the original owner, Pop the Gator will attend the event as he performed at the club on its opening night.

"It is sort of a tribute to the past, some and history of Kitchener. People know the May festival and on a way Pop the Gator started that and David Markell CEO of THURSTON.

"Pop the Gator comes up occasionally in conversation and then people just bring the fond memory of Pop the Gator. If anyone brings it up, very quickly people are talking about how great it was to go there and all the great and bad things they did there

David or the May festival memory that surrounds it.

Today is the 25th year and there is a www.popthegator.com Kitchener location and at Kitchener's Casino. However, at 400 of the 500 seats at the university and out within 40 hours.

Markell said he hopes that all encourage death to book one of these events over Easter a year.

Back in the days of amateur boxing and derbies, the club was based on the second floor of the building where Dennis Daniels is located today on Queen Street in downtown Kitchener.

Pop the Gator used to always entertain as well as up-and-coming artists and that band will continue at the occasion. In addition to Gator, Shirley Knight and the Hi-Lites will be performing and Markell said there will be some surprises and artists from the rest of the area.

Everyone talks about the club and the long list of very good bands finding up to the mostly filled room where everyone was kind of jostled into Markell said.

Death said, "It was a good year going up the stairs of was running down drunk that was the problem."

Asked if Pop the Gator had the right conception he said, "I think so. Unfortunately he had them in very poor places like that around here although New Orleans probably has a few."

"I am a pretty young guy in Kitchener collecting blues records, and I used them as a point of a guy collecting records for having a club and instead of just listening to them play I could play them up and have them come up here and play in my club. So that kind of was really cool and cool."

For one night, Pop the Gator will return to its home in Kitchener and bring back the days of excitement for all who attended.

"I just realized that people are around their goals, and those last moments of 25 years ago and I am really looking forward to seeing lots of gather together to celebrate Pop the Gator here at www.popthegator.com Markell said.

Facebook celebrates its 10th birthday

BY RANDI CLARK

For as many years now people have been trying to keep in touch with relatives and high school classmates and long lost best friends. On and off since 2004, you required an e-mail address from someone on a list and number to keep in contact. Then along came Facebook.

According to its own stats, back then, the website was based off of its predecessor Friendster, a site launched on Oct. 20, 2002 and created by Mike Krieger along with his Harvard University roommates Andrew McCollum, Chris Hughes and Dustin Moskovitz.

It was set up as a type of 'not too far' place for Harvard students and allowed its users to connect with students, parents and friends, letting them decide who was 'hot' and who was 'not'. It was shut down by the Harvard authorities a few days after it launched.

In January 2004, Krieger began reviving the code for a new website and on Feb. 4, 2004, the McCollum, Moskovitz, Hughes and Edwards brothers launched the website called Friendster. It was officially listed at www.friendster.com, which now redirects you to the current address of www.facebook.com.

Facebook's intention was to create a universal website that could connect people around the country. Within 24 hours of launching, Friendster had

between 1,000 and 1,000 registrants.

Friendship on the popular website was initially restricted to students at Harvard University but was expanded to Stanford, Columbia and Yale in March 2004. Expansion continued to all Ivy League and Boston-area schools until it finally reached most universities in Canada and the United States. Then, in 2005, it was finally available everywhere.

Facebook's founders boast that the website, currently on people's own user profile pages, includes some 800 million users in 10 years. For example, on Dec. 20, 2004, a reported 10 million regular internet users in the United States became Facebook users while the ability to 'tag your friends on those pictures' was added in December of that same year. Its News Feed was created on Sept. 8, 2006. In September 2008, Facebook announced a feature where people could tag their friends in their statuses and comments. In June 2010, Facebook became 'like' but not 'friends' available in the commerce section. In January 2011, the company was worth \$20 billion. Facebook was made available to the iPad as an app in October 2011 and reached one billion users in October 2012. In June 2013, Facebook announced that you will be able to use hashtags in your statuses, much like another popular website, Twitter.

Facebook is the most popular social networking site in the world; however, it still

receives limited popularity in countries such as Japan, where skepticism toward social networks is still largely prevalent.

Due to the many popularity of Facebook, its users have grown quite substantially over the years, starting from one million users in December 2004 to over one billion.

Even more interesting is the age range of Facebook users. With more and more people from all walks of life joining Facebook, teens and young adults are staying away from using the social networking site and turning toward Twitter due to the fun of being interacted by their peers.

"I don't know if I am there, moving from Facebook to Twitter, but you have a lot of other social platforms that they are excited to experiment with like Snapchat or Instagram," said Lydia Gray, a 20-year-old, Georgetown advertising and marketing student. "I definitely have seen those platforms become more popular among a younger population."

The numbers are still pretty high though. A new survey conducted by The Pew Research Center, an American think tank organization that gathers information on social issues among other things, shows that 73 per cent of Facebook users are 18 to 29 years old.

With Facebook now 10 years old, Zuckerberg told CNET on Aug. 21, 2013, he is not done planning to connect 1.36 billion people from around the world.



Facebook, which recently celebrated its 10th birthday, has been available on mobile devices since December 2011.



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Scammers target college

BY RANDI CLARK

"It's easier to get to be than it is."

There were the warnings by Ontario College security and parking supervisor Barb Birkbeck regarding an alleged scam attempt that took place during the last week of January, one of the parking lots at the Dias campus.

Although Birkbeck said that her supervisor did not get an official complaint, as the specific stamp used on several messages clearly stated that it was being sent to all students in the parking lot, as an effort to scare

44 it's a target-rich environment for people to pull their scams."

— Barb Birkbeck

any would-be buyers.

According to Birkbeck, this is not the first time someone has tried to do this under her watch as she believes the college presents too good of an opportunity for scammers. Because of student always wanting to get a good deal.

"We have had three people in

the past, maybe three or four times, say 'I'm desperate to be a target, can I come to you to help you pull this off?'

One particular issue that has prompted security to tell the sellers to leave the campus on more than one occasion is people selling car parts.

Birkbeck reminds students to never purchase anything from anyone, and, especially out of a booth that would first be operated by Frontline Management, and to immediately contact Security Services if they see from the history at the Dias campus if you see any vehicles or someone with sellers on the campus grounds.



Blue, a rescue dog from rural Manitoba, is shown in Kitchener on the 10th anniversary of the day after being found in a parking lot, she became a Rottweiler found for a reward in the forest near

Stray dogs killed in Canada too

BY PETER BAKER

The Rottweiler was perhaps controversial but, perhaps among the many more have been to real and pulled on as many women, heart strings as the was extreme nation of Indonesia, some say thousands of stray dogs.

The Rottweiler was all the more tragic following the mounting evidence that Chinese and other European dog meat traders were using dog as an animal source for products still using a heart for advertising it to the Chinese New Year.

Controversy surrounding meat for clothes and the concept of meat dog sales is nothing new and is by no

means limited to the 'pig hunting' dog slaying during the Sochi Olympics. We have our own problems right here in Canada.

In the early spring of 2012 I found a lost Rottweiler puppy in a parking lot of a rural Manitoba strip mall. At the time she weighed about 30 pounds and was extremely emaciated. She was, in my opinion, a stray puppy.

In the small town of Pas there are dozens of no hundreds of dogs roaming around looking for food. Unlike here in Kitchener, stray dogs weren't picked up by local humane societies and sheltered until they adopted and, in fact, if they're unadoptable, euthanized.

They are hunted, passed or otherwise neglected from the time they're born. The well-known practice of leaving a litter of puppies alone and waiting to see which ones survive before picking a bumper to namesake is still to be widely spread out across the North. The population problem among dogs carries them back uphanging but don't return to their owners because they're infected by tapeworm.

According to North American statistics only one out of every 10 dogs have and find a permanent home. A petition to 'ban' dog meat in Manitoba was launched on April 2012 by New Zealand activist Terence Russell. The intent of the petition was to have provincial legislation passed which would see the province responsible for the elimination of free-roaming dogs.

Shortly after launching the petition, Russell reduced the scope of the petition and took the campaign national, calling on the federal government and First Nations communities to address the issue of dog shootings.

The petition gathered over 17,000 signatures nationwide but has yet to be addressed by the federal government in any formal way.

Failure to address the issue has led good Manitoban Texans like to take up the fight against animal cruelty and abandonment.

Lori founded a private animal shelter in her garage in The Pas during the autumn of 2003. She currently has 22 dogs in her care, but at one time had 15.

"God, there are so many dogs running around. One of the reasons why we became the sterilization process is rather expensive and a lot of people don't think that money is right up," Lori said. "We don't have a business owner here, so if a dog goes to the pound, it has to be euthanized."

"It takes a village to care for your major ministries when a disaster like this week - we can't do it alone. Everybody needs to take heart in the animal control issue," Lori said.

A children's petition calling for the end of "the meat killing" of stray dogs in North was launched by a New York native. Billionaire American goes strength of the call. The petition has already received 100,000 signatures, as well as many more. "This is only a problem because of the lack of laws and regulations in animal protection and cruelty the country has never noticed."

Just days after the petition was launched, Russell and Terence and Oleg Demchenko founded a coalition on the edges of town whose volunteers are devoted to bring change. The shelter is now home to over 100 dogs dogs.

Meanwhile, the struggle to eliminate and ban dog meat across Canada drags on.

SOME FAST FACTS ABOUT STRAY DOGS IN CANADA

- Only one out of every 10 dogs will find a permanent home in Canada
- 50,000 dogs are taken into Canadian animal shelters every year
- Only 20,000 dogs are adopted from animal shelters every year
- Only 10 per cent of dogs taken into SPCA are adopted
- Most small dog breeds have a life-time purity after which the dog is not sterilized. It is put down
- Stray dogs in Manitoba 30,000 dogs per year
- There are 100,000 human deaths and 100,000 animal deaths every year
- An environmental impact of dogs are killed in Canada each year



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Slam poetry thriving in Kitchener-Waterloo

BY CASSIE TROJANOWSKI

What slam poetry is: voices from poems to poison overืternoon. Kitchener-Waterloo Poetry Slam co-creators Henry and Jessie Lee.

"It's a political venue, it's obviously say my opinion you have with words, and Henry and I are part of the lot, lot C, in fact, now."

"It's interesting that you would say that. Henry and I are below saying our own definition."

"A spoken word competition where original writing is judged by the audience. Slam poetry is not a kind of poetry, it's just poetry that's performed at a slam."

"It's a spoken word event, the words become evaluated and there because the performer puts that kind of high energy into it. Jessie, who is the other a website designer, makes and 'I think it's very inspiring for people to be able to claim their own words as a stage where it will be heard.'

After attending several poetry slams, Jessie events in Kitchener-Waterloo Jessie and Henry founded KW Poetry Slam in 2011.

"There was a demand for a stage and these were four of us who decided that we were

going to write the poem, put the money and make it happen."

"Just more than an audience has, according to Jessie, substantially grown over the years."

"We used to be in the Silver Spoons coffeehouse [Waterloo] which at 10 people was pretty full," recalled Jessie. "Now, we would sometimes get up to 80 people in there."

The Little Shanty located at 407 King St. in Waterloo has become the home to the organization's monthly slam which has an audience of up to where from 50 to 100 people.

"There's definitely a huge demand for it, and we're just trying to balance having a venue that is a good sound system for the poetry and one that is affordable and accessible," Jessie said.

"Henry is the website designer, Jessie is the website designer. We have the current popularity of slam poetry has to do with the Kitchener-Waterloo area becoming more involved."

"I've been in the area my whole life and it's always been the reason getting more cultural whereas maybe five to 10 years ago there wasn't so much of an audience or interest," Henry said.

The KW Poetry Slam has a strong focus on creating

an inclusive and accessible space. Part of this is done by creating venues for these and workshops are physically accessible to everyone.

Another part of the organization's attempt at creating such an environment is changing how the poems are judged. Until recently, performances at the KW Poetry Slam were judged using rubrics, now the judges leave comments for the poets on afterwards.

"At the Canadian Festival of Spoken Word, it's judged with rubrics," explained Henry. "But we're trying to make it so it's more about connecting to the audience."

"It makes it about the poetry and not the poets," Jessie said. "People don't like competitive people get, well, to be honest poetry."

Performers are still judged numerically at the finale so that the top five poets can be determined for the KW to use and go to a national competition.

"Henry who was on the first KW team is going to mentors determine the experience to one of her friends the slam to be." "The sheer energy and rapport we had from that crowd was crazy," Jessie added.

"That's when I knew that

kind of energy and how the poetry was possible. That has always been a goal to bring KW's love and energy up to the level of passion because people love their shot for poetry."

"We really endeavour being on stage. Henry said after being asked what his last experience with the slam has been so far."

"Just the interaction with the crowd is better than a book."

The organization hosts a poetry slam on the first Saturday of every month

with the next one being on March 1 at 7 p.m. at The Little Shanty.

Another big slam poetry event happening on March 8 is the Spoken Word Showdown on March 8, at 7 p.m. at The Little Shanty featuring 10 poets. Long live the freight and Spoken Word.

"It's a lineup of three amazing spoken word poets and Jessie will be emceeing on occasion."

"You cry and laugh and it'll be a poetry explosion of goodness."

JANICE LEE'S TIPS FOR WRITING AND PERFORMING SLAM POETRY

- As soon as you start acting like a poet you are on YouTube it's so obvious. You become a poser and everyone can tell and everyone doesn't like it."
- "You can make stuff up, but audiences like seeing truth on stage. Honesty and vulnerability always resonate with audiences."
- "It's certainly good to practice. Be animated and performative."
- "Have fun with it and don't take the winning too seriously."



Lindsey Fitch (from left), Christian Danner, Beth Mulch, life coach/therapist Lorraine and Eric McCordell perform at the KW Poetry Slam's December 16, 2012 show.

Kitchener's kitchen and living room

BY LINDSEY SMITH

Local Organic Fresh Amazing That's New Kitchener Cafe Pyrus doesn't have to be marketed because there's already word-of-mouth.

As one of the only organic restaurants in the area, owner Tysen Besser takes pride in the high quality, healthy, well-seasoned foods that she's created. Cafe Pyrus is a great, casual destination for the health-conscious, the curious – or even just the hungry.

Everything from Days' choice in veggie soups and salads (from choices after market) to soups just prepared and served in containers as they call them, and daily soups to choices with baked wings, eggplant, feta and platters of artichokes that don't taste like overcooked ones, can be found at Cafe Pyrus at a slightly higher than average cost.

A standard lunch of soup and sandwich and a drink costs anywhere from \$10 to \$12 – depending on selected sandwiches, toppings and portion sizes for soup.

"Right off the bat, we were different from everybody else and because we were so different from everybody else we got all the people who were so different, that every body else," Besser said. "So I focused around the cooks and one of many of the dishes have been known by name."

The salmon-relished walls are covered with paintings by local artists which have been hand-painted by Cafe Pyrus co-owner David Atkins. Besser's aqua-tones of colour and obscure mounds of pen and ink top her more serious oil and acrylic rooms and, recurring after hours, create a relaxing, after hours, oasis. Besser had performed in art shows that the independently owned, art-filled Pyrus, is an oasis with Kitchener Waterloo's commercial and cultural.

The buzz of early morning conversations and clicking of chairs on these leather-green booths in the bar to the right goes with the day. The shiny red coaches, painted like sunbeams and other mismatched furniture fill out the lounge area, surrounded by other tables and chairs – providing a quirky sense of atmosphere. The bright Kitchener's feathers and living room begin to interact with glasses here and there as they watch the cooks prepare their meals and because how truly nothing from a restaurant can cook or clean.

Everything about the place – the way the music is played, the way the signs



Tysen Besser, owner of Cafe Pyrus, answers an question about the restaurant on Feb. 8.

clients are called – is fun and casual but that doesn't mean there won't a lot of hand work involved in the process.

Now in its fourth year, Besser is excited about the steady increase in business and hopes that this is the year they will start to turn a profit. "That's when I'll know we've made it," she said.

“The conventional food chain right now is really screwed up ... I can't make a profit off of somebody else if I wouldn't eat the product myself.” *Tysen Besser, Cafe Pyrus owner*

Five years ago when Besser and her then-business partner were creating Cafe Pyrus, he left the corporate path and into the vehicles to脚踏实地地走上了自己的商业道路。Besser created the eatery to teach local foods. She's created the entire menu herself. She conventional food chain right now is really screwed up. When you're getting a burger from McDonald's or anything else that's really just processed meat. They're made of highly processed, though the animal – using the animal as much as they can and passing on as much as they can to get the cheapest form of meat possible – and that's where with a whole host of different problems. I can't make a profit off of somebody else if I'm taking all the profit out myself. I'm not

involved in Pyrus. I have

smaller businesses. I don't run this place day to day. I'm not here behind the counter everyday. I'm not going to people who have been doing that and I provide them directions as how to manage. My place and how I want. Besser said, adding that every member of her staff participates in developing the classroom-like tasks.

"I didn't work out to make it work. Every time something doesn't work, you just make slight changes and it just gets taken care of and they start to work. We just keep doing other changes until they do work. Because I believe in that."

The only exception to the strictly vegetarian menu is the option to substitute Days choice for organic choices. After researching certain meat and finding reasons for healthy alternatives to traditional foods, Besser created the entire menu herself. She conventional food chain right now is really screwed up. When you're getting a burger from McDonald's or anything else that's really just processed meat. They're made of highly processed, though the animal – using the animal as much as they can and passing on as much as they can to get the cheapest form of meat possible – and that's where with a whole host of different problems. I can't make a profit off of somebody else if I'm taking all the profit out myself. I'm not

With the Charles Street business terminal clearly across the street, no wonder the staff at Cafe Pyrus come across new fare almost everyday. Judge Gisiger who works as a hostess and the range of people keeps things interesting.

"I love all of the unique people I get to meet. Going across from the bus terminal you meet such a wide variety of people and we're downtown. Besser has a more casual than up-tight, it's relaxing to meet all of the different people who live around here."

With all sorts of people popping in to see what The Pyrus is all about, the staff at 18 Charles St. W have had almost every response. From kind responses, from kind responses. "We heard everything like 'what?'"

"These are meat on your menu?" and "they walk in and out and we're like 'what? you're not going to connect with us anymore?'" to "what? This is a place where I can eat. When we're surprised." "We make friends every day. Like 'how long are you doing this?' A lot of places you don't have that connection. Besser said.

The most notable response from din-

ers seems related to more prominent than the average connection between a customer and a food place.

"We've had the extremes where people love Tysen's station because they eat here. Their families eat here and they have been in a cult, making the place more like a cult,"

"With all of the unique people I get to meet. Going across from the bus terminal you meet such a wide variety of people and we're downtown. Besser has a more casual than up-tight, it's relaxing to meet all of the different people who live around here."

With a recent custom to keep coming back and stay forever as long as it's still about making connections, strong connections and strongly engaging in the community, Pyrus does not look back another at all about

"the atmosphere, the environment, the pretty interior. I like getting to work with good quality products and I'm pretty much a perfectionist about what I do. I do what I do because I always want to always change and it's always changing and it's always a new challenge to go to."

cafe pyrus

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“We're kind of like a family because we are an independent business.”





These two dance flash mob classes gathered to perform a choreographed routine in Lehr Hallway by Gina Brown



Gina Brown, a dance choreographer who has worked with Cigarro and S'well and many other international artists, has been a valuable addition to the college's choreography flash mob routine for Central's spring-semester students.

Photos
by
Haley Markt

Flash mob busts a move

BY KELLY HODGES

"We set out to create awareness about our program, our charitable events, and educate the School of Media and Design and Centenary College's visual merchandising students," Margaret Hodges.

At 12 p.m. on Feb. 10 a flash mob engaged in the Atrium at Centenary College's Doss campus.

With the help of many visual merchandising Cigarro students and Hodges, it's called it "a great success."

More than 25 Centenary College students were able to put together a thinking three-month flash mob routine.

"We just had our two-hour rehearsal the night before so I think it went really well," Hodges said.

The visual merchandising major truly loves the students creativity, which is why she really invested her time and effort to the college's flash mob.

"Students had fun doing it and watching it, also," Hodges said.

According to a press release, "This year the School of Media and Design is holding two flash mob events this year. The first is on March 22 and the second is on April 12."

The visual merchandising students will take place at the Worcester Regional Museum, located at 11 Hogan Rd in Worcester on Tuesday March 12, and Thursday March 14. Proceeds from the Centenary Doss will be donated to the renovation and of Dugdale

Central Hospital and Doss from the Cigarro/Design Showcases Performance will be donated to the Juvenile Diabetes Foundation.

This year's Cigarro theme is pieces of music as they derived in the music as their advertising tool, which then turned into a flash mob.

Melissa Chapman, a senior and past visual merchandising major student at Centenary College, said the flash mob went great, even though it was a little nerve-wracking having a huge crowd of stu-

dents waiting around the room to watch.

"It was a really great experience. I would have to say it's 100%. We weren't expecting a crowd when we got to the Atrium, but I had a lot of fun (and) an awesome experience."

For more information about these two upcoming events or tickets, contact Margaret Hodges at mhodges@centenary.edu.

If you missed the flash mob you can watch it at <http://tinyurl.com/93qyj7q>.



Margaret Hodges (left to right), a visual merchandising major in fashion studies and business, Gina Brown, a student, and Gina Brown, a public relations diploma co-ordinator, participated in the flash mob.



A group of Centenary College students in a classroom gathered for something big this spring.

Fun off the starboard bow

BY REED SCHAFFER

If you have heard about the *Odyssey* not because it's going through the air, it's probably because from Wisconsin's Brown Museum, an newest exhibit, *Odyssey: Shipwreck! Treasures and Treasures*.

Over the past 3,000 years, men, pirates and storms have sunk some of the world's greatest ships, with some of the remains now on display at this exhibit. Artifacts from the 1500s to 1800s tell the story of pirates, lost ships, lost wrecks, and wrecks on history's most infamous pirate ships in Blackbeard, Captain Kidd and Captain Morgan are all on display at *Shipwreck!*

"There are a lot of handles on material that are fun for the kids and also grows up like myself," said James Jensen, one of the Wisconsin Brown Museum's members. "There are a lot of experiences that you wouldn't get in your everyday life or school where you anything. It's a really kind of cool that we're close to Oconomowoc and also the area."

One of the biggest attractions within *Shipwreck!* is the exhibit on the members of the museum's four underwater artifacts that are perfect for any college students looking to find their inner child. There is a barbecue



SHIPS BY REED SCHAFFER

Ships, planking and other hulls might ships for over 3,000 years, with parts of the wrecks from them now are now displayed in the *Odyssey's* newest exhibit at the Wisconsin Brown Museum.

wood turned that simulates approximately a three-ton Wisconsin floating at up to 90 knots. The exhibit also

displays 3D, a robotic shipwreck arm used by the *Odyssey* to scan wrecks when collecting artifacts. Participants can control the arm in an interactive booth and overcome the challenge to try and collect



The Wisconsin Brown Museum's *Odyssey* exhibit is full of puzzles, puzzles and fun, treasure and fun.



James Jensen, one of the Wisconsin Brown Museum's members, looks a viewing ship through an interactive item Feb. 10 at the exhibit.

treasures scattered along the base of the reef.

"I like Steve Jensen and the interesting thing about what *Odyssey* does is they don't care about what they do. It's all about using science and robots. So for some people, it's just fun in the flesh is pretty cool. They're special in the Discovery Channel and documentaries before."

The exhibit houses over 5000 previous artifacts that have been recovered from famous shipwrecks all over the world. Some of the most popular wrecks on display are real pirate treasure - over 1000 pounds of gold and silver in total. Some of the artifacts weigh about 100 pounds. A sword from an underwater shipwreck from the 1700s is also on display. It is thought that the wreck the sword was found in is a 1700s. The *Odyssey* private vessel of choice. Also found in the exhibit is a 1500s wooden suspension bridge ruler. The oldest of its kind to be found on a shipwreck and a rare manganese anode, which was a sulfuric corrosion tool and one of only about 180 on land today.

The exhibit is open until April 30. For more information on it or other exhibits check out www.brownmuseum.com.

Scherer defeats Rochon in final vote

APRIL 17, 2014

"If we have a unified school colour and we have that consistency and we have that mentality that we are all one we are all connected, we're all working towards the same goal. I believe that unifying our school identity is where where I'd like to start," Scherer replied.

Incumbent CISU president Jason Wright faced some tough questions from current board members about some of the universal troubles that the board of directors faced during the year.

General election for the CISU board of directors was held on Thursday, April 10, 2014. Danielle Whangfield asked about Wright's term.

"You've outlined your areas of interest very well, but what I'm interested in is your

I believe that unifying our school identity is where where I'd like to start

— Jeff Scherer

time because I've seen them. I've just wondering if you've seen them. On an interval level, where do you think you want things to go and how can you plan to not let that happen again, should the board be re-elected," Whangfield asked.

"I used the last quality as a lot of change and that's something that I didn't really take into consideration when I first got the position. For me, I was too quick to dismiss ideas just because I wasn't sure. I didn't research them enough. I didn't look into it enough so that would be something that I'd like to change," Wright replied.

Sophie Rose, who had campaigned for all of the Centraux College students, compared her questions about the process from the board of directors as well as her desire to campaign despite the fact that the president was to be selected by committee. Whangfield had a question for her, as well.

"You used that you were in support of CISU. Knowing the voting process, don't you think it's a little unfair to heavily campaign so much because you did create a lot of buzz within students that made it very hard for us to find an unbiased presidential selection committee and then in the point of the selection committee? I believe that the way it's done goes back to me," asked Whangfield.

"I don't think it was unfair when I created my campaign

from the students to build

on my platform. How do you know what students want unless you go out and ask them. That night, adding that if the elected public option at all, it would have been 10 per cent or less of the student population.

With these types of in-depth questions being fairly common, most of the 100 students attended the full 25 minutes. After all the questions and answer sessions were completed, the committee took a break for dinner before voting. In order to break a tie, a coin toss was held. The coin toss resulted in the president, the committee voted to re-elect the current president.

When it came time to vote, Danielle Whangfield, the CISU student manager who was set up as proxy for the election, handed out the tokens. She explained that the president, which would result in a majority plus one of the total nine votes to be elected, is the case.

Whangfield was the very first round a candidate chose. She got nine votes, which is not a close win, so we will eliminate the candidates with the lowest votes. Whangfield explained.

Whangfield asked a speaker to act as scrutineer for the following process with the committee that he did not, on the table outside of the final round of voting to prevent the feelings of those who were not involved from being hurt. The reporter agreed to act as scrutineer and made this decision.

The candidates were again kept on the table, while voting took place. It took three rounds to total only two candidates left to have a tie-breaker. Moments after the announcement, Whangfield sat down for an interview with Sophie to talk about her win.



PHOTO BY JEFFREY WANG

Whangfield said that she works on a strict budget and explained it is mostly围绕着 presidency while it

In the final round against Whangfield, Scherer started the round with six of nine votes, or 66 per cent of the committee's votes.

After the announcement, Whangfield looked nervously up as well as forwards at the committee and her last two candidates looked to have a response. Moments after the announcement, Whangfield sat down for an interview with Sophie to talk about her win.

"I am extremely happy at this same time very stressed. When my name was announced, I was lost for words for a couple minutes.

"I am very excited. Whangfield said.

ROUNDS OF VOTING

First round of voting

- Unanimous: Jason Wright, Adam Pachon, Henry Scherer
- Danielle Whangfield, Leah Mayko, Danielle Whangfield, Sophie Ander, Nathaniel Dyer, Irene, Jason Whangfield

Second round of voting

- Unanimous: Jason Wright, Leah Mayko, Danielle Whangfield, Sophie Ander, Nathaniel Dyer, Irene, Jason Whangfield

Third round of voting

- Unanimous: Jason Wright, Leah Mayko, Danielle Whangfield, Sophie Ander, Nathaniel Dyer, Irene, Jason Whangfield

THE COMMITTEE MEMBERS

For committee members of the student association of the Centraux students:

- Eric Gagné (Chairperson and vice-president of the executive committee)
- Danielle Whangfield (Secretary)
- Jason Wright (President)
- Leah Mayko (Treasurer)
- Sophie Ander (Student representative)
- Nathaniel Dyer (Student representative)
- Irene (Student representative)
- Leah Whangfield (Student representative)
- Danielle Whangfield (Student representative)
- Jason Whangfield (Student representative)

THE CANDIDATES



Jeff Scherer



Jason Wright



Sophie Rose



Danielle Whangfield



Irene

A record-breaking 10 candidates applied to become CISU's president for the 2014-2015 academic year. They are presented here with elements of their platforms in order of the votes, running, and then alphabetically.

SOMETHING OLD, SOMETHING NEW

Millpond caters to the record and book lover in you

BY MARGIE KIRKLAND

Books and music go together, as the saying goes, and that's what everyone seems to believe in their favorite album while they flip through the pages of a good book, but really do you even see a photo that has a wide variety of music and a great selection of books? Millpond Records is one of the exceptions. Having merged these two worlds together for your pleasure.

Hubbed and wife Wendy and Greg Head oversaw Millpond Records on Queen Street in the Hespeler part of Cambridge in August, 2003, operating on used and rare records and books. Recently they began selling new books and records as well.

Books packed with books are already on hand, so when you enter the store, as well as a display of new records, The used or old books permeate the room, and when you pick up a title that interests you, and flip through the pages that might only pique interest.

On the other side of the store room of records are sleek protective plastic slip cases, a slightly older, An enormous variety of pieces can be found, everything from The Doctor to the soundtrack of The Empire Strikes Back. From behind the counter a variable phonograph player

turning, engine, pressing the books or searching through the records.

"I'd always wanted to start a business" said Wendy when explaining how they started Millpond. "We both have lots of book experience and Greg has lots of music experience so the records and books made a good combination. Wendy worked at many bookstores before opening Millpond including used bookstore at the University of Toronto, but on the music side of things she and Greg approached the record part of their store as something completely new.

"Greg has been a record fan all his life. He who is a music fan and has been collecting vinyl all his life. I have my own experience with music as well, but the music has always been in him or more now. We never worked on a record store before, so that was the only thing we had to start when starting here."

Wendy and Greg decided on the location in Hespeler because it was within walking distance from their house as well as being a good place to open their shop. "It's a nice little community," said Wendy. "We're on our fourth year now and it feels like we're part of the little town."

Millpond has also seen an array of new books and records come through the store. "We sold a copy of



Owner Wendy Head sits at her desk in the gallery where customers buy books and records.

Empire. It was rare and sold from the 60s that went for several hundred dollars. We sold a copy of *The Beatles Anthology* for a first edition that sold for about \$1000."

All Millpond's old and new and collectors merchandise is proudly displayed behind the counter. Some of the cases on display at the time of writing included a *Moscow 1970-71* book as companion which is going for \$300 and

The Two Waynes by John Larsson, a picture disk collection which was also an companion to a price tag of \$1000 (as of press time).

Millpond has also served online, private individuals and those they sell books and records. They also support local artists from around the Cambridge/Galt area by selling their work, which could include books, records or art. An

interesting piece available was a record by Eddie Gray where each record sleeve was individually numbered as well as having each vinyl in a different color. Wendy encourages local artists to bring in their records, writing or art so that it can be sold. All of this makes Millpond a unique gem of a store that is a regular must for anyone who wants to buy a book or get some fresh vinyl.



Millpond has a large collection of new and used books in a variety of genres.



Millpond Records and Books is located in the Hespeler part of Cambridge on Queen Street.

Eating disorders affect us all

BY BRIAN CLARK

We all know someone who is obsessed with how they look. They eat slow, make up make choices all of it. It all has to be perfect. This can be very dangerous especially when it comes to their weight.

These people have an unhealthy obsession to weigh a certain amount and to look a certain way. This causes them to become preoccupied with controlling their food and calorie intake as well as their weight.

An eating disorder is defined as an abnormal eating habit that can involve excessive amounts of food intake or excessive restriction of eating enough food. This can damage a person's physical and mental health.

The two most common forms are bulimia and anorexia nervosa, according to www.bulimia.org. Bulimia can vary in the act of binging and then purging or inducing a vomiting afterwards. Anorexia nervosa is an obsession of gaining weight and having an unhealthy perception of body weight.

There are many different forms of an eating disorder. The ones that are currently recognized in the medical field, make up the top three listed ones. These are huge eating disorders for example without purging afterwards eating three

or all different types of eating disorders – an eating disorder in which the person may not have anorexic thoughts but does not meet the criteria for anorexia or bulimia, and can include someone eating their one or two meal times or foods containing no nutrition.

There are disorders that are not currently recognized in the medical field according to www.eatingdisorders.org such as compulsive overeating, eating more than necessary, purging disorder (spitting up to control weight or shape), rumination (repetitive thoughts of food), dysphagia (is difficulty to swallow a form of smaller meals by the mouth), and inattention. Eating behaviours of bulimia (bulimic binges), night eating syndrome (an increased appetite for food at night), orthorexia nervosa (an obsession with avoiding unhealthy foods), diabulimia (purposely restricting their food intake and calories in exchange for the stimulus, caloric) and preoccupying thoughts and over-exercising in order to control your progress (symptoms past).

The causes of eating disorders include biological, psychological, social and environmental influences according to www.eatingdisorders.org. People who suffer from body dysmorphic disorder can also be the very person who binges or purges. The media is often blamed due to the fact that they idealize the



People can have different types of eating disorders. Standard meal sizes or choices can be perceived as abnormal or as a day

thin physical shape of people such as models and celebrities.

The media totally influences people's idea of what the perfect body weight is, even high school students believe Lucy from One Tree Hill.

"Due to the fact that eating disorders are most associated with young girls, boys and people of all other age may think that they don't have a disorder because they don't

not look like it," says Clark.

People tend to think that eating disorders are only found in teenage girls. However, the same disorder affects boys.

"Due to the fact that eating disorders are most associated with young girls, boys and people of all other age may think that they don't have a disorder because they don't

fit the age bracket. That's not true. Eating disorders affect all ages," says Clark.

If you or someone you know may be from the McGill area and wants to receive help you can contact the National Eating Disorders Information Service helpline toll free at 1-866-933-2673. You can also visit www.nedis.ca.

Celebrating Cultural Diversity Week

Look for the Globe!

The image of the Globe will be posted at each participating service area and in the Student Life Centre where you can find exciting and informative activities that celebrate our diverse student population.

February 24th - 28th



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PHOTO BY DALE M. HODGES/HOODY

Lee Sibunga (left) a sales associate at Warehouse One in Cambridge, and assistant manager Jason McNaull display jeans that were donated to KCCP's 2024 jeans charity.

JEANS FOR TEENS

Clothing store collects pants for the homeless

BY KAREN HODGES/HOODY

Homelessness is an issue that affects communities all over the world. One company decided to lend a hand.

Warehouse One, a clothing store located at the Cambridge Centre, collected pants and jeans from Jan. 17 to Feb. 3. The pants that were donated were direct to a local charity called KCCP.

KCCP, Meaning Our Clothes Purse, is located at 145 Queen St. E in Cambridge and is dedicated to assisting young teens and decreasing homelessness.

The organization began in 1995 and last year served 575 youth. KCCP provides teens in need with food, hygiene products and clothing as well as education, group counseling, mentorship and case management. It also runs a drop-in program where teens can gain support and share their options.

All 125 Warehouse One stores across Canada are accepting donations and as of

Feb. 4 the Cambridge location had received 50 pairs of jeans which is quite a jump from the number they received last year.

"I think it is great because we are helping our local community and all of those teens."

In need ??
— Lee Sibunga

Last year we received 10 pairs of jeans. We are doing a lot better this year. We are more known, said Jason McNaull, the assistant manager at Warehouse One in Cambridge.

The store participated in previous years with their donations. One person dropped off eight pairs.

"It's really more than one pair. I don't think we have had a customer yet, that has



Warehouse One community partner and donation from Jan. 17 to Feb. 3.

just brought in one," McNaull said.

Warehouse One collects jeans donations every year around the same time. They also accept other clothing items.

Any customer who donates jeans for the charity receives

20 per cent off a purchase at the store.

"I think it is great because we are helping our local community and all of these teens in need."

"There seems to be a lot of goodwill here out there," McNaull said. "I think that we are helping our local community and the Cambridge store."

To find out how you can help to lessen more about KCCP, visit www.kccp.ca and again you can.

Faces around Conestoga

It is bundle up or stay inside during these dreary days of winter



PHOTO BY JEFFREY DUNCAN

Students have experienced lots of frigid temperatures at Conestoga College this winter. The week before yesterday was the coldest. Bundle up.



PHOTO BY JEFFREY DUNCAN

Soren Hansen, a first-year police foundations student at the college, is caught napping in the common area of the Allstate while waiting between classes.



PHOTO BY JEFFREY DUNCAN

First-year interior design technology student Dean McInnes is seen in a doorway through multiple doors in a cabin on Dean campus on Feb. 6. The current record for the coldest day in Ontario is -30.2°C. (Markus Schreiber/Postmedia News)



PHOTO BY JEFFREY DUNCAN

Oliver Shantz-Makinson, a first-year broadcast television student, practices his filmography skills at Conestoga College in Dean campus.

Conestoga student going national

Alex Moher is set to compete in the Canadian wrestling juniors this March

BY JEFFREY GREEN

Alex Moher is no stranger to experiencing odd weeks through several injuries before taking the gold he has won't come easy at the Ontario junior wrestling championships.

Now he is training for the Canadian junior which are being held in Kitchener from March 19-23. The competition which could catapult him from Canada to Rochester for the world championships if he wins.

The second-year Conestoga College wrestling student discussed the competition in his 100-kilogram weight classing on the weekend of Jan. 28 despite having to train through several injuries.

"It can be frustrating," Moher said. "You can deal with injuries by training with different moves adapting your style. There are ways to train around injuries but it's tougher."

Training once or twice a



PHOTO COURTESY OF RANDI BARNARD

day, every day of the week Moher said there's nothing like being weeks of practice and hard work come to fruition. He said it's a lot better to practice moves on a real match setting than way you

get to test yourself against real competition.

He can't know for sure what to expect in the competition but Moher said, "There's a chance you're guaranteed for a medal because

it's an accomplishment."

The Kitchener resident said he considered his gold medal in the Ontario Underweight of Michael J. White's Association championships in 2002 to be one of his most memorable

ACHIEVEMENTS

"The OFWA tournament was a big deal. It was one of the last ones I've had."

"A lot of people hate losing more than they like winning," said the 19-year-old.

Moher has had his eyes set on to qualify for the Olympics in 2012 as something is set in motion for the Olympic trials that year.

He said wrestling is still an important part of the sports world and that he hoped to be able to make return to the Olympics and possibly compete in it.

"I love the sport because it's exciting and giving body and the wrestler and the best thing about it is how it affects people's lives. I've never seen someone step into the wrestling ring and not come out a better person."

"A lot of people are thinking that there are only two kinds of wrestlers — winners and losers."

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A group of cyclists brave the cold temperatures during the coldest day of the year in Kitchener. The last temperature was -14.6

PHOTO BY JEFFREY GILLESPIE

Winter doesn't scare these cyclists

By Rob Hirsch

On the coldest day of winter, most people stay indoors with a warm, drafty sitting by the fire. The Kitchener cycling advocacy committee (KCA), however, decided what is instantly the coldest day in the region and planned a bike trip on that day.

On Feb. 1 cycling enthusiasts gathered at Kitchener city hall to share stories about cycling in the city and to plan an issue to be discussed before they would attempt to ride 14 km around the city. While the temperatures weren't exactly the coldest of the year, the -14.6 C weather wasn't exactly conducive either.

For the second year, KCA gathered together with approximately 13 other local cycling clubs to test their endurance against the harsh winter elements. The event was modeled after one that takes place in Scotland and the KCA's plan to keep attempting the fixed ride every year.

The idea is supposed to be a fun activity, a sort of put-down for cyclists who would normally cancel up after hearing of the weather. It gives them a chance to see what it would be like if they kept cycling after the snowfall.

Ron Dales, the chair of the Kitchener cycling advocacy committee and living in the winter in such much of a bunch of cyclists just made a few minor adjustments to their bike. Helmets and some

weather gear for the wind and frostbites should get anyone in good shape to handle the city roads and bike trails. Dales said most people who would normally concentrate on their bike are disengaged because the city has been less than stellar this winter with their upkeep of bike trails and lanes in Kitchener.

"It's a way to raise awareness about the situation the winter cyclists face," Dales said. "There are as many bike lanes that are not at all user-friendly as the roads get narrower and lighter and it helps people off the roads. People who normally would ride in the winter are not willing to ride on the roads. These are also bike trails that are labeled as class one bike trails that receive no maintenance in the winter."

Class one trails are bike trails that are narrow with no shoulder or enough room for those who come at by bike. So far, the trails have only been usable for half of the year.

Kevin Hawker said there is more that could be done to accommodate the growing number of cyclists in the region. He said that the city has not seen that the city has not seen a long way.

"I think the cycling master plan has taken the big leaps and bounds since it's come in Ontario, but there is always room for improvement," Hawker said. "Working with municipalities helps to keep lanes in the winter. If you want to encourage cycling then you have to make a safe

environment for cyclists."

Dales, who commutes to Cambridge College on a regular basis, should know that Dales said Lower Town is one of the most dangerous spots in the city for cyclists and said the city could make many changes to improve safety in the area.

"We know for sure that there has been serious consideration to specifically creating infrastructure for cyclists. There said Dales additively a growing area that needs addressing. There is also a sort of black hole in terms of connectivity on Huron-Walton or Black Line Road. Among the youngest of

men in attendance was Tim Dales, 21, who was there with his parents Peter and Rita. The young married couple said they would probably not be able to finish the ride. It all depends on when they start and their journey there young passenger would start to come along.



Richard Hirsch of Kitchener shows off his winter cycling gear at Kitchener city hall on Feb. 3.

PHOTO BY JEFFREY GILLESPIE

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 10,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms and conditions. Personal Credits

of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgment Form. If you do not receive an Acknowledgment Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgment Forms should be returned as soon as possible and must be postmarked no later than **October 21, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuit Tapiriit Kanatami Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolssettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4479) provides immediate and culturally appropriate consulting support to former students who are experiencing distress.



HOROSCOPE

Week of Wednesday, June 24, 2004



Aries

March 21 - April 19

There is a lot to do and your plate may seem full. Look's things are about to clear up. This weekend: Stock.



Taurus

April 20 - May 20

Things have stopped me but suggestions from others may be just what you need to do. This weekend: Manage it and try to adapt.

This weekend: String.



Gemini

May 21 - June 21

This coming week was a letdown in the spirit that is the recess season. Hopefully you caught your breath - it's time to freshen up.

This weekend: Rest.



Cancer

June 22 - July 22

A look of something very dear, school or work could give you a nice boost.

This weekend: Wandering.



Leo

July 23 - August 22

Trying to arrange as many separate things to go together as though work and sometimes a decent work. That can be OK, take a break.

This weekend: Artistry.



Virgo

August 23 - September 22

Hard work and determine have usually paid off. This is true for you too.

This weekend: Rest.



Cordwager Blues is well versed in the magic schools of Divination. Congratulatory word, of course. Myrricane.



Libra

September 23 - October 22

It takes some eloquence to speak the truth that you're thinking. Looking at how often you and those close to you decide can tell you a lot. This weekend: Hold.



Scorpio

October 23 - November 21

A break from routine could be just what you needed to do for an opportunity to do that. This weekend: Shake up.



Sagittarius

November 22 - December 21

Patronize your power for results and feelings. Use the power.

This weekend: Respect.



Capricorn

December 22 - January 21

Catching up with someone you haven't talked to in a while may have more of an impact than usual. You usually do.

This weekend: Thrust.

ON CLIFF

On Cliff



HOMEWORK: REBALANCING

Useless Facts

Gophers are not can live longer without water than mice.

More people are killed each year from bees than from snakes.

Oreoclyde opened in 1995.

Michigan: the lowest tree-living state is so small that a single crop of liquid contains as many as 50 million of them.

Centuries ago in India, the French card out or death of the king.

Sudoku Puzzle

	1			7		2	4
6	7			9			
			1		8		
	6		3		4		
	4					5	
		3		1	4	6	
		4			8		
			6		9		8
8	5		9		3		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Midterm

L	C	B	H	Q	S	U	R	O	R	A	S	E	U	L	G	U
6	5	8	R	H	M	Y	E	D	A	8	C	2	C	3	J	
D	N	A	4	8	6	8	6	F	A	1	L	K	R	O	D	
O	R	I	X	M	F	U	J	I	8	6	K	K	U	N	T	
V	X	S	R	X	M	H	E	T	N	O	B	Q	8	6	J	
Z	Q	L	U	E	T	I	D	S	O	S	E	E	E	E	E	
X	U	E	R	X	B	A	N	S	S	D	B	V	L	N	Y	
W	E	C	P	F	C	W	D	F	O	E	A	I	E	T	R	
F	S	M	Q	A	M	E	T	W	S	N	H	T	S	E	E	
X	T	E	X	U	S	O	R	A	8	F	E	S	C	H	A	C
B	I	P	J	O	E	E	W	N	E	P	W	E	S	T	A	
D	O	F	L	O	T	S	B	H	I	R	E	F	E	L		
O	N	C	L	T	E	I	T	J	B	A	R	E	T	E	L	
X	B	Z	E	B	C	T	S	I	M	H	I	O	C	V	I	
B	R	N	T	D	A	E	R	D	O	S	D	E	W	T	N	
K	Y	N	O	T	E	S	T	W	R	N	D	S	O	P	S	

ACADEMIC: ANSWER, EIGHT, EIGHTH, BULLETIN, SHEET, CLOISONNE, CLUES, CONCENTRATE, CHAMADING, QUESTIONS, FAD, GRADE, GUESS, NOTES, OBJECTIVE, GOOD, QUESTION, READINGS, RECALLING, SHARPENING, SHARPENED, PENCILS, WRITTEN.

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